

# Big Red Wellness

## Saving Dinner: A Guide to Healthy, Easy Eating

from [www.savingdinner.com](http://www.savingdinner.com)

### Special points of interest:

- Saving Dinner
- Favorite Recipes
- Child Abuse Prevention Month
- Wellness Fun Facts
- Operation Walk for Freedom

It's hard to be a parent in the military, let alone take care of things like a healthy meal and home environment for your loved ones. But because obesity is such a rising trend, here and in the states, it is important that we think and PLAN to eat, so that we can have healthy meals instead of loading our bodies with excess fat, sugar, salt and calories from the closest fast food option. In order to help you do this, one of our nurses has put together easy crock pot recipes that are healthy and delicious for you to tackle! It even comes with a shopping list to make things easy.

On the grocery list, you will see two asterisks \*\* before any serving suggestion items. That means you don't have to buy this stuff--only if you're following our Serving Suggestion ideas. Here is this week's menu, followed by the grocery list.

DAY 1: Mexican Pasta Casserole  
 DAY 2: Skillet Chicken Curry  
 DAY 3: Sweet Minestrone Soup  
 DAY 4: RECIPE RAVE: Beefy Potato Cheese Pie  
 DAY 5: Herb Roasted Salmon  
 DAY 6: Crock-pot Pork Provençal

### SHOPPING LIST

#### MEAT:

1/2 pound ground turkey  
 6 boneless skinless chicken breast halves  
 1/2 pound smoked turkey sausage  
 1 pound ground beef, extra

lean (or use ground turkey)  
 6 salmon fillets  
 6 boneless pork chops, about 1/4" thick

#### CONDIMENTS:

Balsamic vinegar  
 Olive oil  
 Vegetable oil  
 \*\*Salad dressing(s)-your choice

#### PRODUCE:

3 pounds onions (keep on hand)  
 1 head garlic  
 2 limes  
 1 bunch cilantro  
 1 bunch carrots  
 Celery (you need 3/4 cup, sliced)  
 Sweet potatoes (you need 2 cups, diced) \*\*additional (1 meal)  
 1-2 packages washed spinach (you need 8 cups, chopped)  
 Russet potatoes (you need 4 cups, shredded)  
 2 red bell peppers  
 1 orange  
 \*\*2 to 3 heads lettuce (not Iceberg-no nutrition)  
 \*\*salad veggies (your choice)  
 \*\*green beans (1 meal)  
 \*\*acorn squash (1 meal)  
 \*\*cauliflower (1 meal)  
 \*\*broccoli (1 meal)  
 \*\*butternut squash (1 meal)  
 \*\*kale (1 meal)  
 \*\*red potatoes (1 meal)

#### CANNED GOODS:

1 28-oz. can diced tomatoes  
 2 28-oz. can whole tomatoes  
 1 small can ripe olives (you need 1/4 cup, chopped)  
 2 14.5-oz. cans chicken broth or vegetable broth  
 1 15-oz. can cannellini beans or

other white beans

#### SPICES:

Chili powder  
 Cumin  
 Oregano  
 Curry powder  
 Thyme  
 Fennel seeds  
 Basil  
 \*\*garlic powder

#### DAIRY/DAIRY CASE:

Monterey Jack cheese (you need 1 cup, grated)  
 1/4 pound low fat cheddar cheese, shredded  
 Eggs (you need 1 large)  
 Butter  
 \*\*Romano cheese (grated, for soup garnish)

#### DRY GOODS:

1 pound Rigatoni, Ziti or other medium pasta shape  
 Flour  
 Italian-style bread crumbs  
 \*\*1 pound brown rice  
 \*\*alphabet pasta (to make 2 cups, cooked)

#### FREEZER:

#### BAKED GOODS/BREAD:

\*\*Whole grain rolls (1 meal)

#### VEGETARIAN:

TVP Crumbles (2 meals)  
 Mock Chicken OR Veggie burgers (1 meal)  
 Veggie Burgers (1 meal)  
 1 pound dried Great Northern beans

Recipes continued on page 2:

## Continued from Page 1: Saving Dinner: Favorite Recipes!

### Mexican Pasta Casserole

Serves 6

1 pound uncooked Rigatoni, Ziti or other medium pasta shape  
2 teaspoons vegetable oil  
1 medium onion chopped  
1 garlic clove -- minced  
3 tablespoons chili powder  
1 28-ounce can diced tomatoes, un-drained  
1 teaspoon cumin  
1 teaspoon dried oregano  
1/2 pound ground turkey, cooked and drained  
1/4 cup olives, chopped  
1 cup grated Monterey Jack cheese, divided

Preheat oven to 375 degrees. Prepare pasta according to package directions.

While pasta is cooking, heat the oil in a medium saucepan over medium heat. Add the onion and garlic, cook until softened, about 3 minutes. Add the chili powder and stir for 1 minute. Add the tomatoes and liquid, cumin and oregano. Simmer until slightly thickened, about 15 minutes.

When pasta is done, drain well. In a bowl, combine pasta, chicken, olives, 3/4 cup of cheese, and sauce. Spoon everything into a lightly greased 2 quart baking dish.

Sprinkle the reserved cheese on top. Cover loosely with foil and bake until warmed through and the cheese melts, about 15 minutes.

Per Serving: 407 Calories; 10g Fat (22.1% calories from fat); 19g Protein; 60g Carbohydrate; 4g Dietary Fiber; 30mg Cholesterol; 308mg Sodium. Exchanges: 3 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.

**SERVING SUGGESTION:**  
A nice big salad is all you need with this recipe!

**VEGETARIANS:** Use TVP crumbles in place of the turkey.

### Skillet Chicken Curry

Serves 6

6 boneless skinless chicken breast halves  
1 1/2 tablespoons balsamic vinegar  
salt and pepper -- to taste  
1 1/2 tablespoons curry powder  
3 tablespoons flour  
3 tablespoons olive oil  
2 limes -- quartered  
cilantro -- chopped

Rub the chicken with the balsamic vinegar. Then sprinkle one side with salt, pepper and curry powder. Now sprinkle half the flour on the chicken.

In a skillet, heat the olive oil over medium high heat. Add the chicken, floured side down. Add remaining spices and flour to the chicken in the pan carefully. Lower the heat to medium. You will want to cook this about 5 minutes each side, depending on how thick the chicken is. (hint: you can use a rolling pin to thin the partially

thawed chicken out. Use wax paper or plastic wrap on both sides of the chicken though. The partially thawed part makes it really easy).

When chicken is cooked, serve with a lime wedge and chopped cilantro over the top.

Per Serving: 214 Calories; 8g Fat (36.1% calories from fat); 28g Protein; 6g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 79mg Sodium. Exchanges: 1/2 Grain, 4 Lean Meat; 0 Fruit; 1 1/2 Fat.

**SERVING SUGGESTIONS:** Sautéed green beans, brown rice and baked acorn squash ought to do the trick.

**VEGETARIANS:** Use Mock Chicken instead (see [www.veat.com](http://www.veat.com) for stores) or veggies burgers. Cooking time will be slightly less.

This information was taken from [www.savingdinner.com](http://www.savingdinner.com) and has many more menu planners and ideas if you hook up to their program!

We have several more recipes that can use this shopping list and fill out a weeks worth of menus! If you would like to receive those menus, please drop us a line at 350-2202 or 0931-804-2202 or [wellness@wur.amedd.army.mil](mailto:wellness@wur.amedd.army.mil).  
Happy, Healthy Eating!  
Team Wellness.



# Child Abuse Prevention: A Shared Responsibility

Everyone has a role to play in building strong communities where individuals, families, and children are valued, supported, and safe.

Healthy and connected neighborhoods and communities support and strengthen families and reduce the likelihood of child abuse and neglect.

Here are some things you can do to build a supportive community and healthy families and prevent child abuse and neglect in your community:

- **Get to know your neighbors.** Develop friendly relationships with your neighbors and their children and grandchildren. Make your neighborhood your extended family. People feel better

and safer, and problems seem less overwhelming, when support is nearby.

- **Help a family under stress.** If a family you know seems to be in crisis or under stress, offer to help—offer to babysit, help with chores and errands, or suggest resources in the community that can help the family such as faith community leaders, teachers, and doctors.
- **Reach out to children in your community.** A smile or word of encouragement can mean a lot, whether it comes from a parent, friend, or caring citizen. Become a Big Brother or Big Sister.
- **Get involved in a local school.** Join the parent-teacher organization and attend school events. Even if you don't have school-age children, you can mentor a child at your local school.
- **Start or join a community coalition to prevent child abuse and neglect.**
- **Learn how to recognize and report signs of child abuse.**
- **Keep your neighborhood safe.** Start a Neighborhood Watch.
- **Learn how your community supports children and families,** and be an active community member in these efforts.
- **Help local organizations or tribal communities distribute educational materials** on parenting and child abuse preven-

- **Mentor parents** in programs that match experienced, stable parents with parents at risk for abuse.
- **Contact your elected officials and ask them to support funding** for programs and policies that support children and families.

For more information on what you can do to prevent child abuse, see the Prevent Child Abuse America website at [www.preventchildabuse.org](http://www.preventchildabuse.org).

Source: "Safe Children and Healthy Families Are a Shared Responsibility," U.S. Department of Health and Human Services, Children's Bureau, Office on Child Abuse and Neglect, <http://nccanch.acf.hhs.gov/topics/prevention/index.cdm>.

## Wellness Fun Facts!

### Don't Smoke

Almost 90% of lung cancers in the United States are due to smoking. Lung cancer accounts for more deaths each year than breast, prostate, and colon cancer combined. Do you smoke, but want to quit? Call the toll-free National Quitline 1-800-QUITNOW for assistance or visit the CDC How to Quit website at <http://www.cdc.gov/tobacco/how2quit.htm>.

Source: Centers for Disease Control and Prevention

### Waist Size Better Indicator of Heart Disease Risk

The body mass index (BMI) is regularly used as an indicator of risk for cardiovascular disease. A BMI of 25 to 29 is considered overweight and a BMI of 30 or higher is considered obese, according to the U.S. Centers for Disease Control and Prevention. These BMI numbers can indicate a greater risk for heart disease. But, new research suggests that waist circumference measurement may be a more accurate indicator of heart disease

risk. The study found that waist size (belly fat) correlated more accurately than BMI (total body fat) to the heart disease risk factors of high blood pressure, elevated blood sugar, and elevated cholesterol. Based on the study results, to lower your risk for heart disease, men should strive for a waist size of 35 inches or less and women 33 inches or less.

Source: *American Journal of Clinical Nutrition*, February 2005.

Healthy Lifestyles for the Whole Family

Download *A Parent's Guide to Healthy Eating* today to find out new and exciting ways to improve the health of your entire family. This new guide contains healthy recipes, money-saving shopping tips, ideas for activities, and much more. Download your copy free at [http://www.smallstep.gov/sm\\_steps/news\\_updates.html](http://www.smallstep.gov/sm_steps/news_updates.html).

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We're on the web!

<http://>

[www.wuerzburg.healthcare.hqusareur.army.mil/Wellness/index.htm](http://www.wuerzburg.healthcare.hqusareur.army.mil/Wellness/index.htm)

*Big Red Wellness is the Wuerzburg-MEDDAC'S commitment to the total well being of their soldiers, families, civilians and employees. Our Wellness programs are unique as we are committed to bringing our wellness services to you. Our mobilized wellness program, "Wellness Works," has three iterations focused on your needs. There is a Unit menu, worksite menu and Stairwell/FRG menu created so that you can order a variety of wellness services! Through evaluation of population health and customer feedback, we assure that our program goals continue to meet your health needs.*



The 417<sup>th</sup> BSB is offering a holistic wellness program in which members of the community can accumulate fitness miles during the year long deployment of their loved one.

Individuals may choose to do the miles themselves, or pool miles with their FRG. For participants choosing to utilize a pedometer, 6 miles will be awarded for gaining 10,000 steps each day. Individuals will be required to show documentation of their miles in order to receive the prize.

The Iraq Program:

2,000 miles to Iraq from the 417<sup>th</sup> BSB (5.5 miles each day)  
4,000 miles round trip (11 miles each day or 5.5 miles each day plus completion of wellness goal)

The Afghanistan Program:

3200 miles to Afghanistan 5.5 miles each day plus the completion of a wellness goal.

Bonus Miles! Plan a year-long Well-

ness goal as an individual! Complete your year long Wellness goal: 2,000 individual bonus miles!

You can start recording any activity that can be tracked in terms of miles as of the departure of your spouse (bike, swim, walk, run, cardio-machines etc).

Double Miles: Awarded for participation in community fitness activities (Run/Walks), Volksmarches and other military marches!

All completing participants will receive a prize.

Don't forget to come back at the 6-month mark for a follow up assessment to track your progress for your fitness assessment and Wellness goal. You will receive your next 6-month activity journal at that time.

**Why become a Participant?**

**Health Benefits:** Stress Management  
Positive Attitude – better overall outlook on life situations; improve mental aware

ness

Decrease risk factors associated with debilitating diseases (heart disease, stroke)

Increase Work Performance

Less chance of illness/injury as a result of a regular exercise program

Develop positive lifestyle behavior through participating in a regular exercise program

Get Involved with your FRG!

*Who to Contact?*

**Contact your local Fitness Coordinator or Health Promotion and Wellness Coordinator for more information.**

**Stay Fit and Keep Walking! Team Wellness**